

NEW(S) HORIZON

A NEWSLETTER FROM THE WALPOLE COUNCIL ON AGING

MARCH 2018

WEEKLY/MONTHLY EVENTS

COMMUNITY OUTREACH

AARP TAX PROGRAM
FARMERS MARKET COUPONS
FUEL ASSISTANCE
HOME HEALTHCARE
HESSCO LUNCH
MEDICAL RIDES
WELLBEING CHECKS
VETERANS MEETINGS

EXERCISE

CHAIR EXERCISE
CHAIR VOLLEYBALL
WALKING CLUB
WII BOWLING
YOGA
ZUMBA

HEALTH AND SAFETY

FLU CLINICS
FOOT CARE
NUTRITION
NURSE VISITS
MEDICARE PLANNING
TRIAD
WALPOLE VNA NURSING

SOCIAL ACTIVITIES

BINGO
BRIDGE
CREATIVE CORNER
KNITTING CLUB
MAH JONGG
SENIOR SINGING GROUP
WRITING GROUP

TRIPS

DAY OF BEAUTY
STOP & SHOP
WALPOLE ERRAND DAY
REGIONAL DAY EXCURSIONS

SHINE FREE Medicare Counseling Services



Medicare Insurance can be confusing, but **SHINE** Counselors can help. Walpole is very fortunate to have an Interim SHINE Counselor beginning in March! **Peggy McDonough** will be available in beginning March 9th on Fridays and Tuesdays in April.

- ♦ free, confidential and unbiased health insurance information, counseling and assistance.
- ♦ Assistance with a wide range of Medicare/Medicaid insurance questions.
- ♦ trained and certified by the Massachusetts Executive Office of Elder Affairs.

In-Person Appointments can be made for Fridays here at the Walpole COA. Appointments must be arranged in advance.

Seeking VOLUNTEERS 2018 WCOA Walpole Day Planning Committee!

Walpole Day, May 12, is the annual community event that brings our community together for fun, food, and friendship. We are seeking volunteers to help plan how our Seniors can contribute to the day.



Please contact Kerri McManama at (508) 668-3330 by March 15 if you are interested in volunteering. Our first planning meeting will be **Wednesday, March 21, 1:00PM at the COA.**

The mission of the Walpole Council on Aging is to promote social, recreational, and educational activities and provide advocacy and assistance to Walpole seniors and their families.

Hours: Monday, Wednesday, Thursday, Friday 8:30AM –4:30PM; Tuesday 8:30AM – 8:00PM
135 SCHOOL STREET, WALPOLE, MA 02081,
Telephone: 508-668-3330, Website: www.walpole-ma.gov

MARCH TRIPS & EVENTS

DATE	EVENT	DESCRIPTION	TIME & LOCATION (subject to change)
THURSDAY 3/1	Chickie Flynn's Lunch	Registration required, preference to those who didn't attend in February. \$2.50 pp.	Van leaves COA at 11:15AM
MONDAY 3/5	Walmart/Kohl's	Join us for a trip to Walmart or Kohl's with local lunch of your choice.	Van leaves COA 11:00AM— returning at 1:00PM
TUESDAY 3/6	Memory Café	Fun and welcoming event; canvas painting party and lunch. Sponsored by BRIDGES of Westwood.	1:00—2:30PM United Church
THURSDAY 3/8	Trivial Pursuit	Come test your general and pop culture knowledge in this classic trivia game.	11:00AM COA
FRIDAY 3/9	GERD Leandra McLean, RN	Lunch and Learn about GERD (Gastroesophageal reflux disease) Get that Acid Down.	11:00AM COA
FRIDAY 3/9	Norwood Theatre Lunch/Theatre Combo	Lunch at neighboring restaurant 12:00, Noel Cowards' Private Lives 1:30pm. Registration required in advance. \$38.00	12:00PM Lunch 1:30PM Show \$38.00
SUNDAY 3/11	LION'S Spaghetti Dinner	Come on down, meet some neighbors, and enjoy a free spaghetti dinner, courtesy of the Walpole Lions Club.	12:00-2:00PM COA
MONDAY 3/12	Blood Pressure Clinic	Meet with Leandra McLean, RN , for a blood pressure check and quick health update.	9:30– 11:30AM COA
MONDAY 3/12	Savers in Norwood	Shop with us at Savers Thrift Store in Norwood. Search for a treasure. Hunt for a deal.	Van leaves COA 11:00AM
WEDNESDAY 3/14	Gerry's Lunch	Join us at Gerry's, Tri-County HS for lunch, dessert and coffee, \$ 9.95 per person. Limited transportation available.	11:00AM Tri County HS Franklin
WEDNESDAY 3/14	Coffee with Attorney J. DiPietro with special guest Patrick McDermott	Clerk Magistrate, Register of the Norfolk Division of the Probate Court, Patrick McDermott discusses the value of estate planning as it relates to "avoiding probate."	11:00AM—12:00PM COA
THURSDAY 3/15	Movie at the Center	"Singin' In The Rain" - the 1952 musical comedy film starring Gene Kelly, Donald O'Connor, and Debbie Reynolds.	1:00PM COA
FRIDAY 3/16	Legislative St. Patrick's Day Breakfast	Treasurer Timilty & Walpole Firemen's LOCAL 2464 serve a St. Patrick's Day Breakfast.	9:00—10:30AM COA
MONDAY 3/19	Market Basket	Shop with us at Market Basket where you are sure to get "more for your dollar."	Van leaves COA 11:00AM
WEDNESDAY 3/21	TRIAD	Norfolk County Sheriff's Department's monthly educational session.	11:00AM —11:30AM COA
WEDNESDAY 3/21	MARCH Birthday Party	Is it your birthday this month? Celebrate your birthday with friends at the COA. Cake generously donated by Harrington House.	1:30PM COA, Free
THURSDAY 3/22	Day of Beauty	Manicures, facials, hair color & cuts. Lunch at Gerry's if open. Registration required. Limit 6 participants.	8:30AM—2:00PM Van leaves COA at 8:30AM

MARCH TRIPS & EVENTS

DATE	EVENT	DESCRIPTION	TIME & LOCATION (subject to change)
THURSDAY 3/22	Wheel of Fortune	Laurie Blake from Home Instead brings Wheel of Fortune to the Center.	1:00—2:00PM COA
THURSDAY 3/22	COA Board Meeting	COA Board Monthly Meeting in Town Hall	1:30—2:30PM COA
FRIDAY 3/23	Foxwoods	Tour includes Buffet Lunch or \$10.00 Food Voucher and \$10.00 Casino Slot Play. Advance registration required, \$29.00	8:15AM—6:00PM Van leaves COA at 8:15 AM
MONDAY 3/26	University Station Shop/Dine	Anchored by Target and Wegmans, University Station features an exciting mix of stores and restaurants	Van leaves COA 10:30AM— returning at 2:00PM
MONDAY 3/26	Blood Pressure Clinic	Meet with Leandra McLean, RN, for a blood pressure check and quick health update.	9:30— 11:30AM COA
WEDNESDAY 3/28	Creative Corner	Maura O’Gara, Bird Park Site Manager	1:00—2:00PM COA



Good Works by the Knitting Club

The West Roxbury –VA Boston HCS patients and staff recently acknowledged the Knitting Club for their donation of 111 handmade afghans, 24 lap robes, and 52 hats. The Knit and Crochet Club’s total donation was a value of \$9000.00.



The Nurse’s Note

I can’t believe March is here. The uphill battle to finish winter is almost over! The flu has continued to be an issue throughout the state. **PLEASE** stay home if you aren’t feeling well. Don’t risk the health of your friends and family. Rest, stay hydrated, wash your hands, and cover your coughs.

If you are feeling well, come and join us on Friday, March 9th for a Lunch and Learn about GERD. **“Get That Acid Down”** will discuss gastro-esophageal reflux disease- what it is, how to treat it, suggestions, and new treatments on the horizon.

Leandra McLean RN, BSN, CEN, CCRN


Live.Life.Healthy



Senior Tax Work Off Program Opportunity

The Walpole Historical Commission is seeking a senior property owner to attend meetings and record meeting minutes. The meetings are generally the third Thursday of the month at 6:30 or 7:00pm at Town Hall. The total estimated monthly commitment would be about 5 hours and the requirement is an ability to use a computer and email. Call the Center for details.

MARCH 2018


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>**HESSCO lunch is provided daily for a \$3 donation. Call 781-784-4944 24 hrs. in advance for reservations or cancellations</p> <p>ALL PROGRAMS ARE 1 HOUR LONG UNLESS OTHERWISE NOTED</p>	<p>1</p> <p>SIGN UP DAY</p> <p>8:30AM Bird Park Walking 10:30 YOGA 12:00PM HESSCO lunch Roast Pork 1:15PM Bridge</p>	<p>2</p> <p>9:00AM Zumba 10:00AM Wii Bowling 12:00PM HESSCO lunch Broccoli Bake 12:30PM Bingo</p>
<p>12</p> <p>8:50AM ZUMBA 10:00AM Exercise Class 12:00PM HESSCO lunch Meatloaf 12:30PM Dominos 1:30PM Mah Jongg 2:00PM Line Dance</p>	<p>13</p> <p>AM Stop & Shop 8:30AM Bird Park Walking 10:00AM Knitting 12:00PM HESSCO lunch Chicken Marsala 1:30PM YOGA 4:00PM A Musical Interlude</p>	<p>14</p> <p>10:00AM Exercise Class 11:00AM TRIAD 12:00PM HESSCO lunch Turkey Divan 12:30PM Pokeno 2:00PM Senior Moments</p>	<p>15</p> <p>8:30AM Bird Park Walking 10:30AM YOGA 12:00PM HESSCO lunch Corned Beef Hash 1:15PM Bridge</p>	<p>16</p> <p>9:00AM Zumba 10:00AM Wii Bowling 12:00PM HESSCO lunch Macaroni & Cheese 12:30PM Bingo</p>
<p>26</p> <p>8:50AM ZUMBA 10:00AM Exercise Class 12:00PM HESSCO lunch Beef Burgundy 12:30PM Dominos 1:30PM Mah Jongg 2:00PM Line Dance</p>	<p>27</p> <p>AM Stop & Shop 8:30AM Bird Park Walking 10:00AM Knitting 12:00PM HESSCO lunch Chicken Salad 1:30PM NO YOGA 4:00PM A Musical Interlude</p>	<p>28</p> <p>10:00AM Exercise Class 12:00PM HESSCO lunch Roast Turkey 2:00PM Senior Moments</p>	<p>29</p> <p>8:30AM Bird Park Walking 10:30AM YOGA 12:00PM HESSCO lunch Chicken L'Orange 1:15PM Bridge</p>	<p>30</p> <p>9:00AM Zumba 10:00AM Wii Bowling 12:00PM HESSCO lunch Cheese Omelet 12:30PM Bingo</p>

Please **sign up for ALL trips and events** you would like to attend.

IN-PERSON and PHONE registration begin **Thursday, March 1st at 8:30AM.**

*You must speak to a desk volunteer. Leaving a voicemail **does not** register you for programs.*

MARCH 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 8:50AM ZUMBA 10:00AM Exercise Class 12:00PM HESSCO lunch Chicken Teriyaki 12:30PM Dominos 1:30PM Mah Jongg 2:00PM Line Dance	6 AM Stop & Shop 8:30 AM Bird Park Walking 10:00AM Knitting 12:00PM HESSCO lunch Greek Meatballs 1:30PM YOGA 4:00PM A Musical Interlude	7 10:00AM Exercise Class 12:00PM HESSCO lunch Beef Stir Fry 12:0PM Pokeno 2:00PM Senior Moments	8 8:30AM Bird Park Walking 10:30 YOGA 12:00PM HESSCO lunch LS Hot Dog 1:00PM Seekers Writing Club @ Library 1:15PM Bridge	9 9:00AM Zumba 10:00AM Wii Bowling 12:00PM HESSCO lunch Catch of the Day 12:30PM Bingo 
19 8:50AM ZUMBA 10:00AM Exercise Class 12:00PM HESSCO lunch Chicken Stew 12:30PM Dominos 1:30PM Mah Jongg 2:00PM Line Dance	20 AM Stop & Shop 8:30AM Bird Park Walking 10:00AM Knitting 12:00PM HESSCO lunch Salisbury Steak 1:30PM YOGA 4:00PM A Musical Interlude	21 10:00AM Exercise Class 12:00PM HESSCO lunch Chicken Bruschetta 12:30PM Pokeno 1:00PM Creative Corner 2:00PM Senior Moments	22 8:30AM Bird Park Walking 10:30 YOGA 12:00PM HESSCO lunch Am Chop Suey 1:00PM Wheel of Fortune 1:00PM Seekers Writing Club @ Library 1:15PM Bridge	23 9:00AM Zumba 10:00AM Wii Bowling 12:00PM HESSCO lunch Breaded Fish 12:30PM Bingo



St. Patrick's Day Legislative Breakfast

March 16, 2018, 9:00 -10:30 AM

9:30AM - Senior Moments performance
10:00AM – Discussion led by Treasurer Timilty

Walpole Council on Aging



FROM THE DIRECTOR

"It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade." Charles Dickens, Great Expectations.

We have nearly made it through another winter in New England, and with the changing weather comes my most favorite season of all. Better weather means more trips and adventures outside of our senior center and new programming inside. If you haven't driven by the site of our new future home on South Street, we suggest you do to see the steel in place and the building going up quickly before our eyes.

We are so fortunate this month to welcome an Interim SHINE Counselor, Peggy McDonough, who has many years of experience providing education and guidance in Medicare and Medicaid. She will be available by appointment on Fridays. We look forward to welcoming her!

Kerri McManama, Director, Walpole Council on Aging



SAVE THE DATE: MONDAY, MAY 14, 2018, Golf Tournament

Support Walpole's New Senior Center
The Walpole Co-Operative Bank South Street Center
Tournament to be held at Walpole Country Club, 233 Baker Street, Walpole, MA 02081

Organized by The Friends of Walpole's Elders Inc., a registered nonprofit 501 (c)(3) charitable organization.



Lions Club Spaghetti Dinner

Sunday, March 11, 2018
12:00 to 2:00PM, COA
Registration required



A NOTE FROM YOUR OUTREACH WORKER!

A reminder; Medical rides are available on **Wednesday and Thursday** between 10:00AM – 12:00PM only, to Walpole, Norwood, Foxboro, Dedham. Passenger registration is required for all medical rides. Reservations must be made at least 48 hours in advance and provide the date, time, and location of the medical appointment or errand. Please contact me at **508-660-7362** to schedule a medical ride.



We will continue with **Fuel Assistance** applications until May 1, 2018. If you have income of less than \$34,380 for a single person or \$44,958 for a couple, you may be eligible for the Fuel Assistance Program.

Laurel St. Pierre, Outreach Worker

Office Hours: Monday - Thursday, 9:00AM - 3:00PM

NEW(S)HORIZON

Walpole Council on Aging
Town Hall , 135 School Street
Walpole, MA 02081

Telephone: (508) 668-3330

Fax: (508) 660-7363

Kerri McManama, Director COA

Laurel St. Pierre, Outreach

Christine Tetreault, Advocate

Jane Wulk, Van Driver

Carol Fellini, Van Driver

Jim Hinds, Van Driver

Richard McCarthy, Chairman COA Board

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in part, by a grant from the
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generous support of the
Friends of Walpole's Elders, Inc.



*Friends of Walpole's
Elders, Inc.*

P.O. Box 186

East Walpole, MA 02032

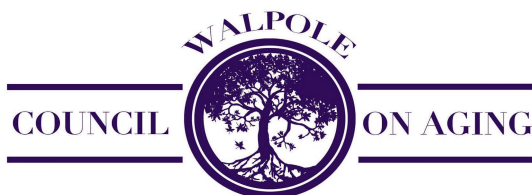
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WALPOLE COUNCIL ON AGING PROFESSIONAL SERVICES

HESSCO Meal Site: (508) 668-3423,
lunch provided daily at COA for a \$3.00
donation. Call for reservations or
cancellations, 781-784-4944 at least 24
hours in advance.

Public Health Nurse: Blood
pressure screenings and health
information two Monday mornings a
month at 9:30AM (times subject to
change).

Legal Services: 2nd Wednesday of
the month, 11:00AM—12:00PM Free

Foot Care: Mondays by appointment
only, 9:00AM– 2:00PM, Cost is \$20.
Call (508) 668-3330.

HELPFUL NUMBERS TO REMEMBER:

NORFOLK COUNTY "ARE YOU OK?"

(866) 900-RUOK (7865)

Receive a call daily to make sure you are up and OK!

POLICE (Non-emergency) 668-1212

FIRE DEPARTMENT (Non-emergency) 668-0260